

Adequate calcium and vitamin D throughout life, as a part of a well balanced diet, may reduce the risk of osteoporosis.

DIRECTIONS: Adults: take one caplet twice daily preferably with a meal, as a dietary supplement or as directed by a doctor.

As with any supplement, if you are pregnant, nursing, or taking medication, consult your doctor before use.

KEEP OUT OF REACH OF CHILDREN

Store in a dry place at room temperature

DO NOT USE IF IMPRINTED SAFETY SEAL UNDER CAP IS BROKEN OR MISSING

FREE OF: Milk, Eggs, Fish, Peanuts, Wheat, Soy, Yeast, Preservatives, Artificial Flavors

Rev. 0615



Lot No.

Exp. Date

*Compare to Calcium and Vitamin D in Os-Cal® Calcium + D3



Oyster Shell Calcium 500 mg + D

DIETARY SUPPLEMENT

1000 CAPLETS

Supplement Facts

Serving Size 1 Caplet

Amount per Caplet		% Daily Value
Vitamin D3 (cholecalciferol)	200 IU	50%
Calcium (as Oyster Shell)	500 mg	50%

OTHER INGREDIENTS: Maltodextrin, microcrystalline cellulose, croscarmellose sodium, hypromellose, starch, magnesium stearate, titanium dioxide, stearic acid, FD&C yellow #5, FD&C blue #1, butylated hydroxytoluene, butylated hydroxyanisole, coconut oil, triacetin, propylene glycol, polyethylene glycol.

Distributed by: **Reliable 1 Laboratories LLC**
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